

# SPOKE

## Conestoga College, Kitchener

APRIL 19, 1999

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## Baden 'disaster' no accident

By Wayne Collins

Blood was spilled, limbs were lost and hearts stopped beating in the town of Baden on April 10, but it was no accident.

It was all carefully planned by Conestoga College's paramedic teachers to give 30 students a chance to practise their life-saving skills before they graduate in June.

Five "accident" scenarios were enacted in the 12th Annual Baden Day Event. Baden firefighters assisted throughout the day, cutting victims out of wrecked cars and using fire hoses to contain fires.

Baden fire department sponsors the event along with Kitchener Regional Ambulance and provides everything from fire trucks to car wrecks for the staged accidents. Each scenario took about 30 to 45 minutes from the initial incident to closure.

Paramedics from various services monitor and critique the students' work and give them some practical advice on how they could have handled the call better.

Wendy Spiegelberg, who teaches in the one-year



Five scenarios were enacted during Baden Day. Paramedic students must assess a mock accident scene. The student posing as a victim may have a broken neck and crews co-ordinate efforts to remove her from the vehicle.

(Photo by Wayne Collins)

paramedic program, said each student gets a scenario to deal with. Afterwards he whole class discusses each

performance.

Spiegelberg said the Baden Day's five scenarios were kept secret from the students to ensure

spontaneity and test their proficiency in making the right decisions under pressure.

One student, Mark Judges, said the scenarios where people suffered heart attacks or head injuries from car and farm accidents were a great way to teach students paramedic skills. His favorite part of the whole program, however, has been riding with ambulance crews around Waterloo Region because anything could happen and there's no teacher like real life.

"Still, (the scenarios) make for a fun day at the end of the year," said Judges.

Bob Mahood, co-ordinator of the paramedic program, said the exercise was to teach students to assess a situation, interpret its meaning and apply the skills they've learned. Students would work as a team and troubleshoot the situation.

Earlier he had joked that, hopefully, students would not forget their training in the realistic setting.

"When there are three people involved and one is dead," said Mahood, "they should know not to perform CPR on the dead one."

## Recreation centre negotiates possible addition of bubble dome

By Brian Smiley

The Kenneth E. Hunter recreation centre offers students use of existing facilities throughout the year, but sometimes there isn't enough space for all the activities students would like to see offered.

But Ian James, manager of athletics and recreation, says that may change soon.

Conestoga College has begun preliminary talks with a private investor about the possibility of erecting a sports dome over the tennis courts west of the centre.

The dome would resemble the one at Pioneer Sports World on Highway 8 in Kitchener.

"It's a 50 per cent chance," James said. "It's something that could realistically happen."

Talks with the investor, whose name James could not disclose, are in the preliminary stages.

The investor has come up with one proposal and James expects to hear back from the investor within the next couple of weeks. There are some particulars, however that James wants to work out before committing to the project, most importantly how it will affect students at the college.

"We don't want to have any impact on student fees," James explained. "We don't want to raise student fees, and that is the overall tone of how things are going to be in discussions. What would be most important to us is when our students would have the opportunity to use it."

One option would be a membership and another would be student use during off hours,

from 7 a.m. to 4 p.m.

James estimated the approximate cost at around \$1 million. He would like to see the college invest in the project by paying for the permanent structures, like the Astroturf and concrete. James said this would cost about \$200,000.

The investor would assume the cost of anything that is not permanent, such as the bubble and staff. James estimated that cost to be in the neighbourhood of \$700,000.

"I see that as a reasonable venture. They could take their bubble (off the school's property) and we would still have the Astroturf surface there," James said.

As for the use of the dome, James sees a couple alternatives. The first option would be a shared

cost program, where both the private investor and the college share the cost of running the facility. James said he is not too keen on this idea because the college would be liable. The other option he favours is for the investors to take more risk and run things with more liability.

The dome itself would be inflatable and could be erected and taken down at any time. One option would be to take the bubble down in the summer so people could enjoy the warmer weather.

There would be no permanent seating or change rooms in the facility. The facility would provide room for temporary seating and the recreation centre would provide change rooms.

See Bubble dome . . . Page 2





The recreation centre is in negotiations to erect a bubble dome to the west of the athletic facility. (Photo by Brian Smiley)

## College negotiating for bubble dome

Continued from page 1...

The astroturf inside the complex would be different from the turf at the former Canadian National Exhibition stadium. It would be a grass with longer hairs and more padding.

The dome could have four courts, with four different activities going on at the same time. If they removed the horseshoe pits north of the tennis courts, the dome could have six separate courts.

Indoor soccer, tennis, ball hockey, lacrosse and volleyball and many other activities could be played on the surface.

"As long as you have the big open area and you're able to put balls in there, you could basically do anything you'd do in a gymnasium," James said.

The investors approached the college. James says he recognizes the potential for the athletic program at the school. And James said it would also benefit the college.

This is a very inexpensive way to add facilities to the college's athletic program, without having to start fresh and spend another \$5 million, he said.

"It's a tremendous opportunity for us," James said. "We just have to have the vision to see it work, so it's beneficial to the college."

Right now the most time consuming part of the whole deal is the administrative work, James said.

He added that if an agreement could be made, the dome would be up and running within three months of the construction start date.

Conestoga College is currently in negotiations with a private investor about the possibility of building a sports dome, like the one at Pioneer Sports World in Kitchener. The facility, to be built to the west of the recreation centre, over the tennis courts, would provide students with the opportunity to play various sports such as indoor soccer, tennis, ball hockey, flag football, lacrosse and volleyball, among many other activities.

Would you use this facility for a small charge during off hours (7 a.m.-4 p.m.) or on a membership basis, provided athletic fees did not increase.

Please check one of the following and drop it off at the SPOKE newsroom (4B15) C/O Brian Smiley:

- ☐ YES, I would use the facility.
- ☐ NO, I would not use the facility.

or email your opinion to:  
spoke@conestogac.on.ca  
C/O Brian Smiley

### COUNSELLOR'S CORNER: Stress and Stress Management Part 1: What is Stress?

Stress has become part of our everyday vocabulary. Why write a column on stress when everyone deals with it daily? Since stress is misunderstood and mismanaged, let's start with understanding. Stress denotes the changes that we undergo as we experience and adjust to our continually changing environment. It has physical and emotional effects on us and can create positive or negative feelings. As a positive influence, stress creates anticipation and excitement and can compel us to action (remember that clutch single that won the T-ball game for your team?). As a negative influence, stress can result in discomfort, anger and rejection, with health problems such as headaches, upset stomach and insomnia.

Although almost everyone responds to some situations with a high level of stress (death of a loved one, birth of a child, beginning or ending a relationship), individuals respond differently to most situations. These become stressors for an individual only if they are construed as threatening or dangerous. Most of us cringe at the thought of having to parachute from an airplane; some find it a challenge. Most of us avoid contact with snakes. Others keep them as pets. Most of us experience anxiety at the thought of presenting in front of a class, and while some will do anything to avoid it, a few get totally turned on.

The goal is not to eliminate stress but to learn how to manage it and even use it to help us.

Next week: Coping with Stress

# DSA presents annual awards

By Julie van Donkersgoed

The Doon Student Association Annual Awards Banquet was held April 6 at the Golf Steak House.

The dinner was followed with an awards ceremony at which several awards and certificates were presented to members of the college community, campus departments and associations and corporate partners.

Beth Lee of the ECE program received the Allan Logan Memorial Award. The award is presented annually to a member of the college community who has demonstrated a warmth and responsiveness in caring for and enriching the lives of students at Conestoga College.

Lee was chosen for her assistance in a fellow classmate's assignment. The classmate had recently had a death in the family and Lee volunteered to help her.

Certificates of appreciation were presented to several members of the college community whose contributions to college life have been significant.

Recipients included members of the Walk Safe team, campus departments and associations and corporate partners.

The Excellence in Customer Service Award was presented to Molson Breweries.

Kristin Murphy, president of the DSA, said Molson received the award because of its donation of prizes throughout the year to the college. Murphy said there have

not been any corporate sponsors that have assisted the college to such an extent in previous years.

Seven Awards of Distinction were presented to members of the college community whose contributions to college life have been outstanding.

The recipients were: Teresa Bricker, Jim Bruin, Sherri Bulmer, Laurie Campbell, Laura Doucette, Mike Harris and Alycia Punnett.

Murphy said the Awards of Distinction were based on volunteer assistance throughout the year and that each of the recipients was always willing to lend a hand.

The Award of Excellence was presented to Steve Coleman. It is the highest award presented by the DSA in recognition and appreciation of outstanding leadership and involvement in college life.

Murphy said Coleman received the award because he assisted with virtually every event and awareness week held by the DSA and also served on the board of directors.

The recipients of the Board of Directors' Award of Recognition were recognized for their contributions to student life at Conestoga College and for their successful completion of term as a member of the DSA board of directors.

The recipients were: Chad Allison, Bryan Bambrick, Saul Bower, Teresa Bricker, Laurie Campbell, Gerry Cleaves, Steve Coleman, Jennifer Harron, Jen

Harnum, Sean Hunter, Jenn Hussey, Carrie Lantz, Scott Lichty, Tara Llanes, Jenn Melnyk, Ellen Menage, Kristin Murphy, Jen Samual, Melissa Scheerer, Rebecca Slaughter, Patty Stokes and Jessica Umlandt.

The nine executive members of the DSA received awards to recognize their contributions to student life at Conestoga College and for their successful completion of term as a member of the DSA executive.

The executive members are: Kristin Murphy, Jenn Hussey, Gerry Cleaves, Tara Llanes, Patty Stokes, Chad Allison, Bryan Bambrick, Ellen Menage and Jessica Umlandt.



Steve Coleman received the DSA award of excellence at the annual DSA awards banquet on April 6 at the Golf Steak House in Kitchener. (Photo by Julie van Donkersgoed)

## SPOKE 'burned' by Cleaves

By Julie van Donkersgoed

A vice-president of the Doon Student Association said last week that Spoke is only good for starting campfires.

Gerry Cleaves, outgoing vice-president of student affairs, made the comment at the DSA Annual Awards Banquet held April 6 at the

Golf Steak House in Kitchener.

As Cleaves was opening the event, he showed pictures on an overhead projector of the DSA members.

Among the photos shown was one of a bonfire. Cleaves asked if anyone from Spoke was in attendance, after noticing a Spoke staffer was present, Cleaves commented

that the only thing Spoke is good for is starting campfires. The comment was met with sporadic laughter throughout the room of about 100 people.

During the awards, Spoke received a certificate of appreciation from the DSA in "recognition of contributions to student life at Conestoga College."





# SPOKE

Keeping Conestoga College connected

SPOKE is published and produced weekly by the journalism students of Conestoga College.

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SPOKE is mainly funded from September to May by the Doon Student Association (DSA). The views and opinions expressed in this newspaper do not necessarily reflect the views of Conestoga College or the DSA. Advertisers in SPOKE are not endorsed by the DSA unless their advertisements contain the DSA logo. SPOKE shall not be liable for any damages arising out of errors in advertising beyond the amount paid for the space. Unsolicited submissions must be sent to the editor by 9:30 a.m. Monday. Submissions are subject to acceptance or rejection and should be clearly written or typed; a WordPerfect or MS Word file would be helpful. Submissions must not contain any libellous statements and may be accompanied by an illustration (such as a photograph).

## Superior species suffers from memory loss

If NATO's strike on Yugoslavia proves nothing else it shows that humans, the earth's self-proclaimed superior species, suffer from memory loss.



Wayne Collins

Human races, in their superior ignorance, fear one another enough to inflict enslavement, if not extinction, on their enemies.

This superior species appears, at least, to share one genetic trait: a paranoia chromosome. Who is most afraid of whom here, Albanians or Serbians?

Doesn't anybody, including Slobodan Milosevic, fear the consequences of the NATO strike? How many wars does it take to finally calm us down?

Perhaps, the four-legged animals are better off 'dumb', than knowing we desecrate their paradise with our malice.

We kill for gods, justice, love, fear, hate, greed, passion, prejudice, pride and pain. Animals kill for food.

We make leaders of warmongers and tyrants and follow them like trained puppies, as they turn God's green earth into a personal outhouse?

We've claimed this 'heavenly body' as a human domain and spilled our blood and venom upon its face, since we huddled in

damp caves. The earth is our disposable diaper and, in our worst tantrums, we bomb and scar its nurturing womb without impunity, while taking its immortality for granted.

Who would lose in a third world war if our species were lost like Atlantis or the fabled Mayan civilization? Who would be surprised, considering mankind's diary, so far, is a comedy of bad judgement and reckless decisions.

We are a species whose lessons elude us while our own history sparks our pride and prejudice.

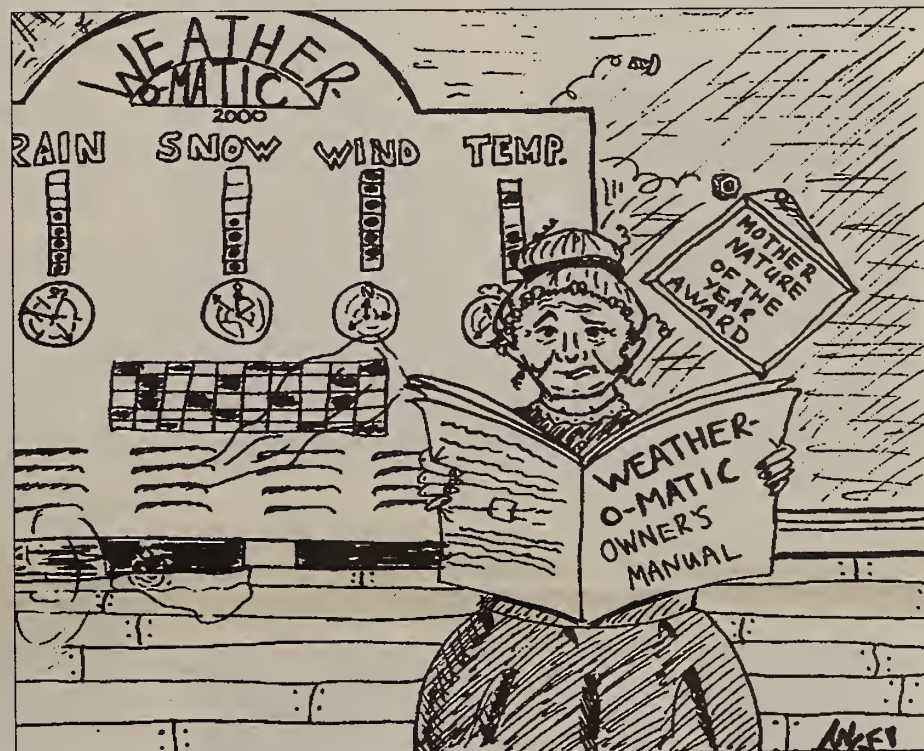
We invent airplanes and use them as warplanes. We give ultimatums, but never back down; we only beg tolerance when in minority. We make history, instead of learning from it and, we never say 'uncle' at any cost.

This last sorry century of the millenium should, at least be noted for our two world wars, if nothing else. Our Hiroshimas and Vietnams will pop up in our history like acne on dance night or doomsday "Lest we forget" it totally.

That's why legionaires still sell poppies, but we buy them thinking war is still not as crappy as submission.

Canada's history will be seen as a Judas' last kiss to the diplomatic world, for its monumental puckering up for British and American seats of government.

How many Canadians would actually cancel next weekend's barbecue to teach



Milosevic a lesson?

Few will, despite American, Canadian and Yugoslavian warheads tugging at our electronic heartstrings. Incredibly, these dogs of war expect blind obedience from us again.

Their propaganda machines have already wiped the lines between good and evil out of existence in the Balkans. Serbian protest-

ers believe the tooth fairy is now CNN's roving reporter in the NATO strike and God help us if they're right. God pity us if she's right.

Now, the very yolk and eggshell of this superior species sits squarely in the hands of people who can't even control their sex drives.

God help us all.

1999

### ORIENTATION ASSISTANTS

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*Young student concerned about environment*

# Campus litter prompts letter from worried six-year-old visitor

By Janet Wakutz

The M & S Guide to Ontario Colleges by Christopher Moore, a book that examines features of Ontario colleges published by McLellan and Stewart, reads, "If there were a 'handsome campus' award, Conestoga would be the hot contender," but a six-year-old girl doesn't agree.



Sara J. Rickert, Grade 1.

Sara J. Rickert, a Grade 1 student, was out walking one day during her spring break when she noticed garbage on the college grounds. She expressed her concern about this to her grandmother Sharon Rickert who asked her what she felt should be done.

Sara suggested she could clean up the garbage herself but she realized this wouldn't fix the problem so she decided to write a letter to the principal.

Grant McGregor, the college principal, wrote back to Sara to thank her for the letter.

He wrote:

"I am always interested in hearing from people like you if they can help me improve the condition of Conestoga College. I am enclosing a Conestoga College pen so that you can write to me if you have any other observations or suggestions."

McGregor said it was a cute story and felt it was important to take Sara's letter seriously.

"I would like people to use the buckets and keep the place clean because (the college) is an idyllic place," he said. "It's only going to stay this way if we preserve it."

McGregor said he showed Sara's letter to Barry Milner, manager of physical resources, who said the garbage is left behind every spring when the snow melts.

Millner said during the winter litter is dropped and can blow on to college property from adjacent properties.

"It was quite nice for an individual of that age to take

notice of the conditions left behind by the winter," Millner said.

Physical resources staff are involved in spring clean-up and Milner said he thinks a six-year-old being concerned has something to say for our future.

"My real concern is the (fast food) garbage people leave around the college," she said.

Although letter writing may be new for Sara, her grandmother said as soon as Sara was old enough to push a doll carriage, she would fill it with garbage bags to

collect garbage when they went for walks.

In a telephone interview Sara said she hopes the students will clean up the mess.

"I wrote the letter to the principal because the garbage I saw is bad for the birds that live in the forest," Sara said.

She said she has been concerned about the environment since she was two years old and tries to do her share.

"Sometimes I pick up the garbage," she said. "Birds need food and a clean place to live."

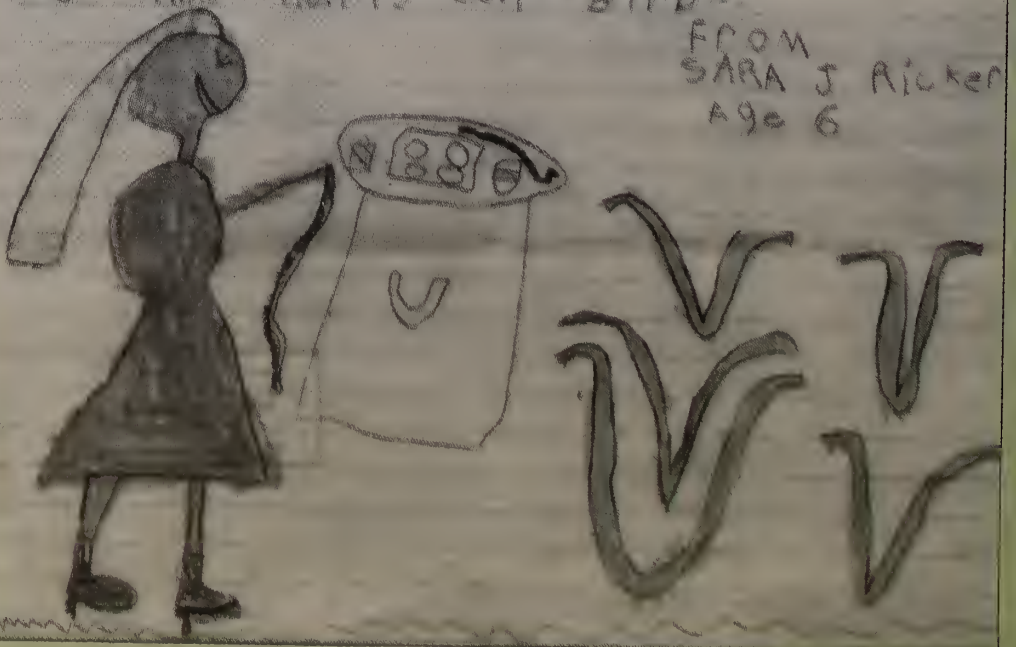
## Environmentally yours

Dear Mr. Principal,

My Grandy And I went for a walk today past your school. We saw lots of pop cans and paper on the grass. I think your boys and girls should clean up the mess.

PS This hurts our birds.

FROM  
SARA J. Rickert  
Age 6



Old CD Use # 541

# Teething Ring

LET US BUY  
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CDS  
CASH OR CREDIT



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**CAMBRIDGE**  
(Across from McDonald's)

**622-7774**

23 Wellington Road E,  
**GUELPH**  
(Across from Wendy's)

**823-5341**



## At Springfest '99

# Dancers swing their partners

By Elizabeth Sackrider

The sky is blissfully blue and legs are coming out of hiding. It is spring once again.

In honour of the season, the Doon Student Association held Springfest activities during the week of April 5-9.

With a step to the right and a sway to the left, four couples took the challenge to learn to swing dance in the Sanctuary during the first event on April 5.

Sheila Block, a first-year journalism student, grabbed a partner from the audience. "I had to come over and check it out," she said. "I have always wanted to learn how to swing."

Instructor Tom Reinhart guided Block and the other participants.

Reinhart has been teaching swing lessons as part of Latin dancing for 15 years. Every Wednesday night from October to March, Reinhart teaches lessons at Club Abstract in Kitchener.

He began teaching at Whiskey Jack's in Waterloo on April 7.

The classes will continue every Wednesday night.

Reinhart said he thought the

atmosphere of the Sanctuary was and too crowded to have a large number of swingers.

"To really get the feel of swing, you need to have a live band," he said.

Reinhart said swing provides a way to meet people because a partner is required.

"Most people go to the bars and hope to meet people while dancing a mile apart," he said. "Swing provides the perfect opportunity for people who want to dance together."

The carnival was in town on April 6 complete with free popcorn and candy floss.

Students lined up in the lounge to get their lips around some of the fluffy pink stuff.

"It's good stuff," said Thomas Muller, a third-year business administration studies student.

Also on hand for the carnival was character artist Ruth MacKenzie.

Mel McShane a first-year early childhood education student, had her character drawn by MacKenzie. She said she thought her portrait didn't really look like her, but she was happy

with the picture.

McShane said she thought having an artist was a good idea.

"People that might not otherwise get involved (in student activities) might be more apt to get their pictures done," she said.

Barney the Magician and his white rabbit entertained the crowd with his rubber band illusions and card tricks.

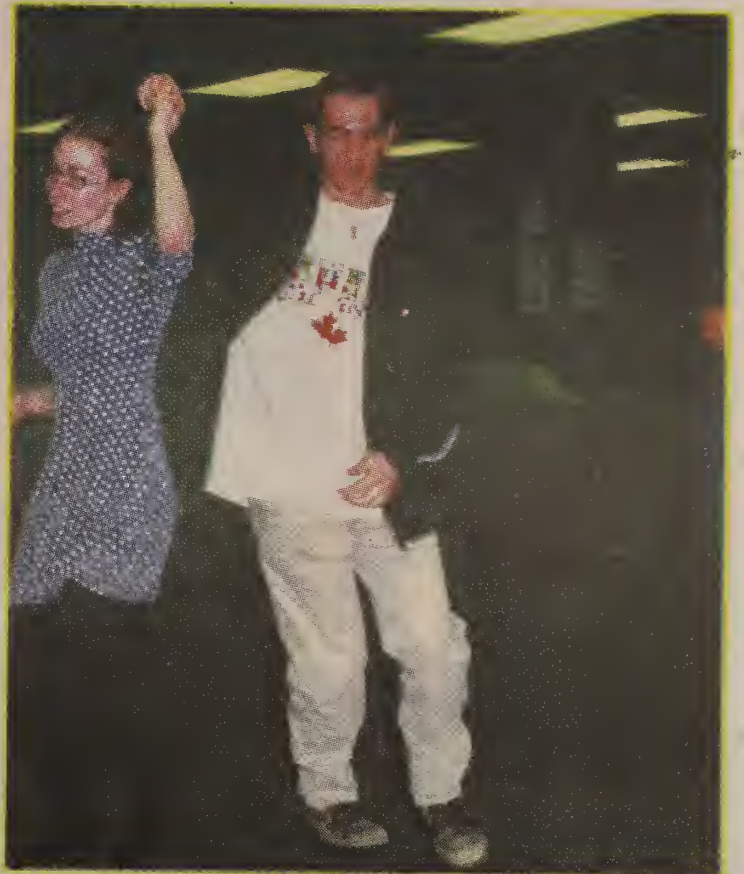
"He really fooled me with his tricks," said second-year accounting student Trina Leonard. "I don't know how he did that (the trick)."

The hamburgers were free for the taking at the barbecue on April 7. The sun was out and the temperatures were high, making it feel like like summer than spring.

"You could sit outside and eat without freezing," said Alycia Punnett, organizer of Springfest.

The 450 hamburgers and cans of pop were gone a half-hour earlier than expected due to the nice weather.

"I think Springfest went better this year than in the past," said Punnett.



Sheila Block swings with partner Greg Hartman during free swing lessons. (Photo by Elizabeth Sackrider)



Thomas Muller, a third-year business administration studies student, devours candy floss in the Sanctuary on April 6. (Photo by Jeanette Everall)



Gerry Cleaves and Kristin Murphy flipped hamburgers for the line of hungry students. (Photo by Jeanette Everall)

## Event raises over \$500

# Students get pumped for heart, stroke fund-raiser

By Jeanette Everall

It was a win-win situation for everyone who took part in the Hoops for Heart fund-raiser to raise money for the Heart and Stroke Foundation on April 7.

The 24 students who took part in the 3-on-3 basketball tournament raised a total of \$523.56 in pledges.

For their efforts players were

treated to a post-game party complete with pizza and prizes.

With a total of \$146, Hisham Abdul Ghafoor raised the most pledge money, almost tripling Daniel Spoelstra, who had the second-highest amount with \$53.

Spoelstra and Ghafoor both won Nike water bottles and baseball caps from the Heart and Stroke Foundation.

Ghafoor also won a Nike sports

watch for raising over \$125.

Players who took part in the tournament said they came out to have fun and raise money for a good cause.

One team even chose to name themselves the Pulse.

"We felt the name was appropriate," said Luke Simioni, a first-year robotics and automation student. Simioni, speaking on behalf of his

teammates, said the team wanted to pick a name that would represent what the tournament was all about.

Players for the Pulse worked hard to make it to the final game against Team 3.

Captain Shiv Raj and his Team 3 members went on to win the tournament in a double elimination final.

The lack of initial interest in the

3-on-3 tournament had the Doon Student Association (DSA) worried the tournament, held at the recreation centre, would be unsuccessful, however, organizer Alycia Punnett said she was happy with the number of students who turned out.

"We weren't sure how many teams to expect because this event had never been done before," said Punnett.



# Conestoga College teaches good 'hog' habits

By Wayne Collins

The Motorcycle Driver Training course at Conestoga College's Doon campus began its 23rd year on March 26 with its usual turnout of enthusiastic students.

The program's group of 17 instructors trained over 600 students with a success rate of 94 per cent last year. The program, started by Don Gibson started in 1976, runs every year from March to October, with about 30 students per training session.

"Our group of 17 instructors are very dedicated to the program," said senior instructor Nancy Gibson, "and (they) know a trained rider is more likely to survive on the streets."

The course, consisting of intense classroom and practical training, has five instructors per course, some of whom also graduated from the program.

Among those are chief instructors Fred Burchill, Mike Knighton and Nancy Gibson, Don's wife.

"It's a fairly fun course," says Burchill, who has two motorcycles.

Burchill says "word of mouth" where graduates tell friends, co-workers, neighbours or cousins, is a big plus to the program.



Motorcycle-training students line up in Conestoga College's parking lot 2, to begin safety riding lessons. (Photo by Wayne Collins)

"The vast majority who come here are complete novices," says Burchill.

In recent years, he says, motorcycling has seen a resurgence in the general population and people are more willing today to learn how to ride them properly than in the past.

Knighton, who graduated from the course 15 years ago,

says students learn everything from starting a motorcycle to crisis management at high speeds.

"They learn good habits in a very safety orientated program," says Knighton.

The course is offered in the two parking lots in front of the woodworking skills building, in which the program's theory lessons are taught. Classroom

times run from 7-10 p.m. on Fridays and riding lessons go from 8:30 a.m. to 5:30 p.m. on Saturdays and Sundays.

"They practise everything they've learned the previous day and, then, we add some new stuff," says Knighton.

Graduates of the course receive a certificate from the college and spend at least 60 days with an M1 licensing classification. On the

62nd day they can walk into the Ministry of Transportation office and present their paperwork and receive an M2 license. With the M2 license, students have a minimum of 18 months and a maximum of five years to write the "exit exam", which gives them their M class license.

Without the Conestoga certificate, students can only use the M2 license for 22 months before they must write the exam.

Knighton says insurance companies also prefer clients who take the course and give them discounts on insurance coverage.

The program, which runs every weekend throughout the summer, except one in August, costs \$300 to register, but Knighton says this can be written off as an educational tax deduction.

As Burchill says, the "cruiser" market has gotten very big with people who appreciate the feeling of riding safely instead of just speeding.

"They just want to get on and feel the fresh air against their faces on a nice sunny day," says Burchill.

Anyone wishing to inquire about the program can contact the college's public affairs office at extension 336.

## Reception honours Conestoga peer helpers

Julie van Donkersgoed

A reception to honour peer helpers at Conestoga was held April 7 in the Blue Cafeteria at the college.

Jack Fletcher, director of recreation and student services, welcomed guests and outlined the program for the evening.

Kevin Mullan, vice-president of finance, acknowledged the

college's appreciation of the service saying that peer helpers make the college a better place for students requiring assistance and for students in general.

"Peer helpers build on unique differences and are developing a life skill by being able to coach someone," he said.

Elaine Brunk and Jeanette Walker, support staff for student services, read selected letters from students, faculty and administration.

Brunk summed up the sentiment of faculty letters: "Sometimes faculty can't help students in the

way you (peer helpers) do."

Certificates of appreciation were presented to peer tutors, monitors, hosts and coaches from the Doon, Guelph and Waterloo campuses.

Lynn Gresham, learning advisor of special needs, gave an update on the writing centre, which opened earlier this year. She also thanked the individuals involved in creating and maintaining the writing centre.

"The writing centre has been and will continue to be a very collaborative effort," she said.

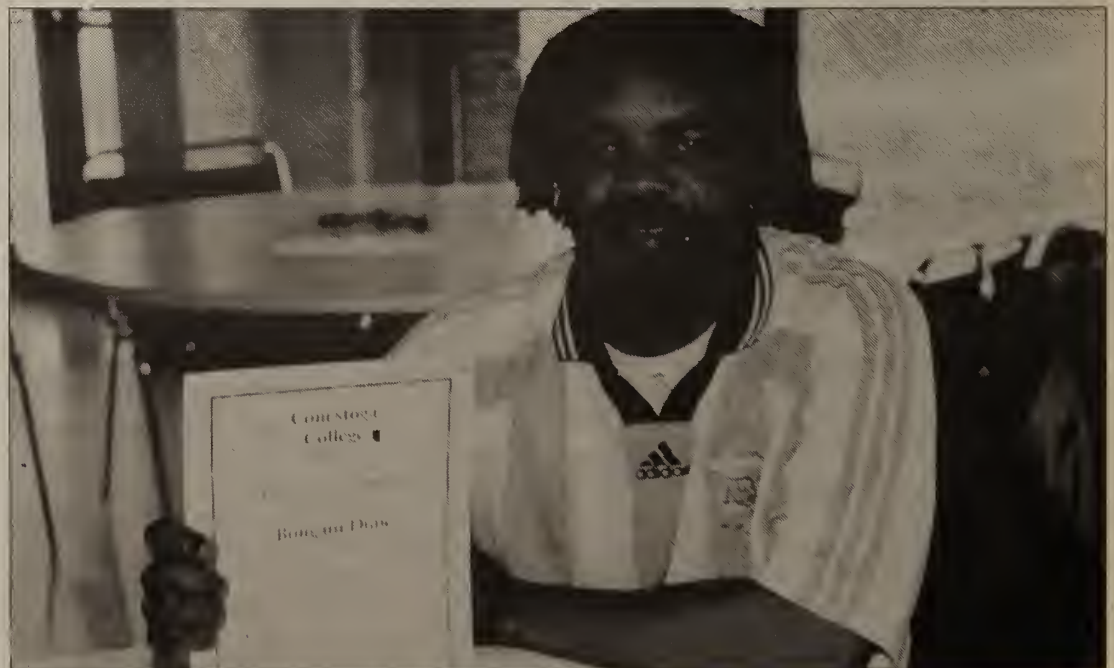
Myrna Nicholas, a peer services

administrator and longtime Conestoga employee, who is on short-term disability leave, spoke about the importance of peer services and how she misses the familiar faces at the college.

"These faces, I've missed these faces," she said. "I have missed you guys something fierce."

The audience responded to her comments with a standing ovation.

Melissa MacClennan, a peer services administrator, who is filling in for Nicholas, thanked everyone for attending.



Bongani Dube, third-year materials-management student, received a Peer Host award at the peer appreciation reception held April 7. (Photo by Julie van Donkersgoed)



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## Volunteers needed Habitat for Humanity seeks college help

By Lindsay Gibson

Representatives from the Waterloo branch of Habitat for Humanity visited construction engineering students at Conestoga College April 6 to inform them of volunteer opportunities throughout the summer.

Habitat for Humanity is a non-profit, Christian-based organization that offers affordable housing to families living under the poverty line.

"We are a hand up, not a hand out," said Ruth Black, volunteer co-ordinator for the organization.

Habitat for Humanity has built 70,000 homes in over 50 countries worldwide since it was founded in 1976.

In Canada, 300 homes have been built and in Waterloo Region alone, 26 homes have been built or renovated since the organization began here 10 years ago.

The objective of Habitat for Humanity is to eliminate poverty housing around the world by not only building homes, but communities as well, said Black.

Conestoga College students have volunteered on Habitat for Humanity sites in the past, said construction engineering teacher Peter Scott.

"We are trying to build better relationships between the college and the organization," said Scott.

Habitat for Humanity houses are built strictly by volunteers and the families themselves who must put in a minimum of 500 hours in "sweat equity."

The families who own Habitat for Humanity homes have no down payment, except for the 500 hours sweat equity and an interest free mortgage for 20 to 25 years. These houses usually cost \$50,000 to \$80,000 to build.

There are three houses being

built in the Waterloo Region this summer, and Habitat for Humanity needs volunteers.

The first build will be on Dolph Street in Cambridge, April 19-24.

The second will be on Westvale Drive in Waterloo. The foundation will be laid June 7-12 and June 14-19 and the build will be July 12-17 and July 19-24.

The third house will be on Sydney Street in Kitchener. The foundation will be laid June 14-19 and the build will be Aug. 23-28 and Aug. 30 to Sept. 4.

Habitat for Humanity takes experienced and inexperienced volunteers on a half-day basis for however long they wish to help out, but recommend volunteers stay for four consecutive days.

The workday is split into two crews with the first crew working from 7 a.m. to 5 p.m. and the second crew working from 5:30 p.m. to dark.

Volunteers are needed for foundations, footings, carpentry, painting, electrical, plumbing, landscaping and in building garden sheds.

Gord Lipke, co-ordinator of construction engineering at the college, said, "It is a good opportunity for students to network with people in the industry. It looks good on a resume."

In the future, construction engineering hopes to become more involved with the Habitat for Humanity program by doing architectural designs, said Scott.

Anyone interested can contact Black at Habitat for Humanity in Waterloo Region at 747-0664.

All volunteers are required to register and fill out waiver forms.

Work boots are mandatory and hard hats and gloves are supplied.



From left front: Andrea Jones, Shannon Gibson. Rear left: Carol Bos, Jen Lyne and Sara Hague. All five students worked together on a project that examined osteoarthritis. (Photo by Carly Benjamin)

## Pathology and psychology studied Biofair about health

By Carly Benjamin

Students were made aware of various ailments and how to prevent them at the annual biology fair at Conestoga April 8.

Fourth-semester nursing students displayed projects to inform students about diseases and their complications.

The indepth projects had to be related to a pathology and physiology class that nursing students are required to take. The biofair consists of 20 per cent of the student's final grade.

Andrea Jones, Sara Hague, Carol Bos, Jen Lyne and Shannon Gibson, fourth-semester nursing students, worked together on a project that explored osteoarthritis, a form of arthritis in which the joints degenerate.

"This project helped us to expand our knowledge of pathology," Hague said. "It

provides us with more indepth information than the class discussion we have on these topics."

Jones agreed. "The fair provides students with insight on these diseases," she said. "They may not be aware of these problems and this fair provides them with the knowledge to fight them"

Gerry Parsons, a member of the faculty with the nursing health sciences program, said the objective of the biofair is to explore the concepts learned in pathology and psychology 3.

Parsons said students do very well in this project. "The nursing students put a lot of effort and imagination into this assignment."

"They seem to be inventors at heart and this fair is successful every year due to their hard work."

Parsons said the biofair

allows everyone who participates to learn something that could improve their health. "It benefits everyone involved."

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# Cabana Boys clip Condors, win championship

By Charles Kuepfer

The Condors indoor soccer playoff run came to an end on April 8, when they were beaten 3-1 by the Cabana Boys in the championship men's division 1 final.

The low-scoring match was a battle of defences. Both teams limited the number of chances they allowed their opponent and the Cabana Boys emerged as champions.

Andy Incitti, Derek Castro and Carlos Alegro Jr. scored for the Cabana Boys, while Hermes Alvarez scored the lone Condor marker.

Despite the loss, Condor coach Geoff Johnstone was positive.

"I've got no complaints," said Johnstone. "We got beat by a team that plays nice soccer. We lost a close game to a good team."

Johnstone noted, however, that his team should have gotten more shots on the Cabana Boys' net.

The game started with a quick chance by the Cabana Boys right off the opening kick. Their first shot blasted just wide



The Condor's Derhan Sherfali attempts to knock a Cabana Boy's player off the ball. The Condors lost to the Cabana Boys 3-1 in the championship final.

(Photo by Charles Kuepfer)

of the Condor net.

The Cabana Boys were the first to get on the scoreboard with Incitti chipping the ball between the legs of Condor goalkeeper Lou Capara.

They continued to move the ball well with some crisp passing and Castro almost made it 2-0, banging a shot off the crossbar.

The Condors were limited to

only a handful of shots in the first half and never seriously threatened Cabana Boys' goalkeeper Manny Rego.

Trailing 1-0 heading into the second half, the Condors were looking to tie the game. But the Cabana Boys struck for their second goal of the game, with Castro knocking in a shot from in close.

Then the Cabana Boys nearly scored what could have been the final nail in the Condors' coffin, when Jeff Castro put a shot off the post on a two-on-one.

The game turned rough, with the Condors Derhan Sherfali and the Cabana Boys' Alegro taking coincidental roughing penalties. Seconds after their penalties

expired, they were off again for the same infraction.

With time running out, Alvarez brought the Condors within a goal after scoring on a nice individual effort.

But Alegro restored the Cabana Boys' two-goal lead to put the game away.

Johnstone said he knew it was going to be a tough game, noting that it was a very technical game with few scoring opportunities.

"Unfortunately, our (scoring) chances fell to our weaker shooters," said Johnstone.

The Condors definitely missed Shaun Samuels, a defender who was absent because of a death in his family, he said.

"He terrorizes the back field," said Johnstone underlining the impact of his absence from the game.

The game was the last of the season and Johnstone said the team should have another successful season next year.

"(I'm) pleased with the commitment of the guys," said Johnstone. "The great thing is that most of them are back next year."

## Experience *The Matrix* for yourself

By Eileen Diniz

"There are two realities: one that consists of the life we live every day and one that lies behind it. One is a dream. The other is *The Matrix*."

The new Warner Brothers futuristic action thriller *The Matrix* was written and directed by brothers Andy and Larry Wachowski (Bound). The film stars Keanu Reeves (The Devil's Advocate), Laurence Fishburne (Hoodlum), Carrie-Anne Moss (Sabotage), Hugo Weaving (The Interview) and Joe Pantoliano (Bound).

*The Matrix* is a complex story; it takes place in the future but is told in the present. The movie plays with the idea that everything one believes in and every physical item is a total fabrication created by an electronic universe.

Reeves plays Thomas Anderson, who works at a major software company. He is suspicious of life in general and alienates himself from the world. At night Anderson becomes Neo the computer hacker.

Neo is seeking the truth about the matrix, something hidden and unknown. He believes the only person who can give him the answer is Morpheus (Fishburne), the leader of a group of people that move in and out of the 'real world' searching for the one person who can help them with their mission.

Eventually Neo is contacted by Trinity (Moss), a beautiful stranger who invites him into another world where he meets Morpheus. At last Neo experiences the matrix for himself.

The film progresses a little from there and Neo must choose whose side he's on. He can either work with the black suited agents who want to catch Trinity and Morpheus or join forces with the two outcasts.

Neo realizes shortly after this that he has plunged into an incredible whirlwind of an adventure that questions the 1999 world that he is living in.

This fast-paced film is highly entertaining and involves lots of action, martial arts and shooting guns. It also includes some

spectacular special effects and computer animation.

The wire stunt work in this film was done by Yuen Wo Ping,

one of the top Hong Kong stunt specialists in Kung Fu and wire stunt work.

*The Matrix* holds together well

with its balance of interesting relationships and the fascinating story of another reality.

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Neo (Keanu Reeves) and agent Smith (Hugo Weaving) have it out, wire-stunt style, in Warner Brothers futuristic action thriller, *The Matrix*.  
(Internet photo)